

ASSILA SPA



ASSILA HOTEL
JEDDAH

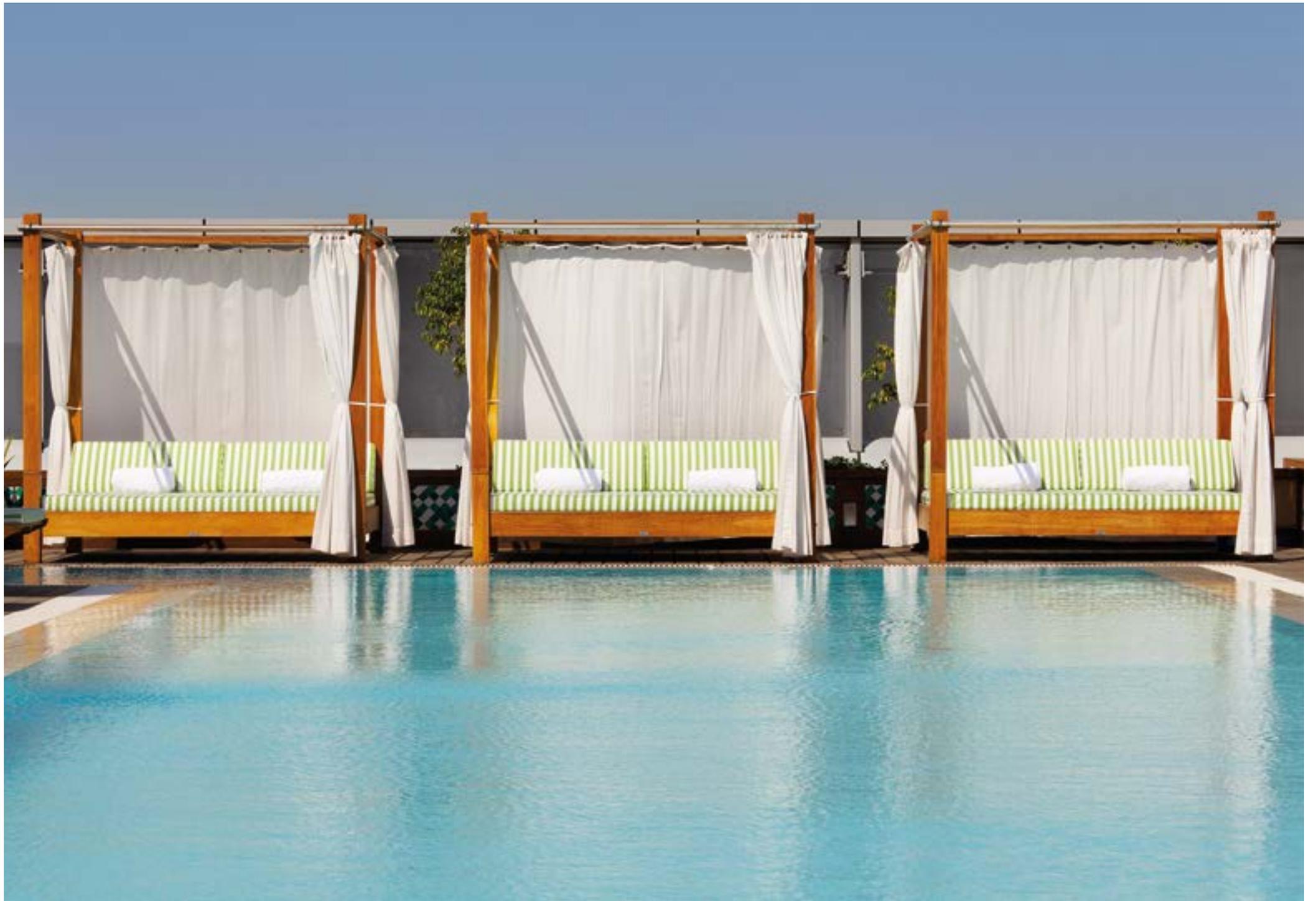
A ROCCO FORTE HOTEL

We all search for wellbeing. Rocco Forte Spas is born from this desire. At Assila Spa, guests can experience Rocco Forte Fitness, Rocco Forte Nourish, and our Assila Spa Rituals.

Assila Spa Rituals inspire the senses: aromas abound whilst our expert therapists pamper you from head to toe.

Rocco Forte Fitness is inspired by the Forte family's commitment to sports. We have an innovative approach to fitness, with the finest cutting edge equipment and professional trainers to support you all the way.

Rocco Forte Nourish ensures that you can eat healthily throughout our hotels. We have special, healthy dishes on our dining and in-room menus, created by nutritional experts and using local and seasonal produce. With Rocco Forte Spas, we want you to take home great new habits and leave us looking, feeling and being better.



“Meditation and energy is a way for nourishing and blossoming the spirit within you”

Amit Ray

Assila Spa is the perfect place to escape the pace of city life.

Located high up in the Assila Hotel, the spa instantly induces relaxation and serenity with its breathtaking views over Jeddah.

Our spa embraces the finest treatments and products sourced from around the globe, which are results focused and designed specifically for the needs of today's hectic lifestyle.

Our highly qualified team is committed to excellence and takes pride in delivering a personalised service to our guests.

Assila Spa for him facilities include:

- 4 treatment rooms
- Barber salon
- Relaxation area
- 25m rooftop pool
- Finnish sauna
- Steam room
- Experience showers
- State-of-the-art gym
- 2 squash courts
- Sports lounge

Assila Spa for her facilities include:

- 3 treatment rooms
- Hair salon
- Relaxation area
- Finnish sauna
- Steam room
- Experience showers
- State-of-the-art gym

Biologique Recherche

Yvan, Josette and Philippe Allouche, a biologist, a physiotherapist and a doctor, founded Biologique Recherche over 35 years ago with a vision of developing formulations for professionals dissatisfied with existing products.

Today, the Biologique Recherche methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures.

Skin Consultation

Before choosing a facial or body treatment, we recommend you have a consultation with one of our expert therapists. Our Skin Machine will be used to check the skin's hydration, sebum, elasticity, pH and pigmentation levels. We can also check anti-ageing and skin sensitivity levels, as well as UV tolerance.

By providing you with detailed analysis of your skin, we can not only give you tips and advice, but we can also help you select the very best treatments for you.

15 Minutes

Assila Spa for Him: Steam Room, Sauna and Experience Showers



ASSILA SPA RITUALS

Assila Rituals

Incorporating a combination of micro massage techniques patented exclusively for Assila Spa, this is the perfect remedy for stress relief. This treatment stimulates, relaxes and soothes the whole body's energy meridians. Arabic bokhour essential oil increases circulation and the camel milk extract will leave your skin fully hydrated.

For one/two
50/90 Minutes

Enhance your Assila Ritual with a:

Brighten Massage

This is the ultimate head and neck massage experience. Leaves mind feeling light and deeply relaxed.

50/90 Minutes

Khafef Rituals

This treatment involves the application of pressure to reflex points on the feet to assist with circulation, relieve water retention and restore balance. The cinnamon powder and Arabic camoun scrub will leave your feet feeling silky smooth.

For one/two
50/90 Minutes

WET FACILITIES

Finnish Sauna

Our Finnish sauna deeply penetrates the skin, activating the cells, supporting metabolic processes and decoupling toxins from water molecules. Saunas positively influence the mind and body, improving the immune system and blood circulation, as well as cleanse and rejuvenate the skin.

Steam Room

Our steam room deeply relaxes and cleanses the skin. It helps relieve muscle soreness and joint stiffness, as well as enhance your immune system through lymph detoxification and blood circulation. The high concentration of steam makes it more difficult to breathe, which also helps exercise the lungs.

Experience Showers

Our two experience showers have different features which combine perfectly with our heat experiences. A cold rain shower can be used in combination with the heat treatments to stimulate and tone the body. The side body jets are great for stimulating circulation and the tropical rain shower head can be combined with lighting to give a refreshing and revitalising experience. The interplay of all these features together has extremely beneficial effects.

Swimming Pool

The calm atmosphere of our 25 metre long swimming pool makes it ideal for starting the day or winding down after your daily workout.

ROCCO FORTE NOURISH

Our Executive Chef has created healthy menus inspired by the best available organic foods and the freshest ingredients. Our menus are rich in fruits, vegetables, whole grains and a number of superfood ingredients.



Assila Spa for Him: Sports Lounge



ASSILA SPA FOR HIM

FACIALS

Biologique Recherche

Radiance

Our therapist will select the most suitable facial for your skin type. Every personalised facial begins with a gentle deep cleanse, followed by exfoliation, a lymphatic facial massage, and finishing with a personalised mask and moisture treatment. Leaves your skin texture feeling firmer, with a radiant complexion.

50 Minutes

Renew

Soften, balance and renew skin elasticity with this customised facial inspired by restorative plants and the power of nature. This treatment stimulates cell renewal, provides antioxidant protection and repairs the skin's natural moisture barrier.

50 Minutes

Glow

Created specifically for someone on the go, this express facial is uniquely designed to refresh and revitalise, giving maximum results in minimum time.

25 Minutes

BODY TREATMENTS

Biologique Recherche

Polish

This exfoliating treatment leaves your skin perfectly smooth, ultra soft and luminous. We recommend this treatment prior to any of our body treatments to achieve maximum results because it helps product absorption and increases product effectiveness.

50 Minutes

Detox

Using the latest technology, this treatment is designed to limit the formation of excess lipids in the body. Leaves you with a slimmer figure and a feeling of lightness.

50 Minutes
10 Sessions

Whiteness

A depigmentation body treatment that helps stimulate collagen synthesis so that your skin can regain a youthful glow.

50 Minutes
10 Sessions

Restore

Designed for busy travellers, this energy boosting face and body treatment helps eliminate signs of jet lag.

50 Minutes



MASSAGES

Brighten

This is the ultimate head and neck massage experience. Leaves mind feeling light and deeply relaxed.

50/90 Minutes

Vitality

The perfect way to relieve tension, this treatment involves elongation of the muscles, with long and fluid movements.

50 Minutes

Energizer

A classic body massage that relieves muscle tension and prepares you for your onward journey.

50/90 Minutes

Power

This deep sports treatment combines a full body massage with exclusively blended aromatherapy oils to revive circulation, release muscle tension and reset your internal clock.

50/90 Minutes

Warmness

This head-to-toe massage is an indulgent experience using the heat from basalt stones.

50 Minutes

Fusion

Head-to-toe bliss, this treatment begins with a body aromatherapy massage carried out with essential oils, and finishes with a regenerating facial leaving skin glowing and renewed.

50/90 Minutes

Specific Express & Add-Ons

Neck & Shoulder Relief

Relaxes and relieves any tension that accumulates in the neck and shoulder area.

25 Minutes

Back Relief

A deeply relaxing treatment to relieve any back tension.

25 Minutes

Foot

An invigorating treatment that relaxes and relieves tired, heavy-feeling feet.

25 Minutes

HANDS & FEET

Handsome Hands

A perfect manicure for him that promotes softer, smoother hands and conditions nails.

45 Minutes

Handsome Feet

A pedicure that leaves feet feeling light and looking great.

60 Minutes

HAIR REMOVAL SERVICES

Pulsed Light

Pulsed light hair removal is the perfect solution to reduce face and body hair.

1 Session

10 Sessions



The Gym

Our state-of-the-art gym is equipped with the latest gym gadgets, free weights and Technogym weight machines, along with a full range of Technogym cardio equipment.

Personal Training

Our team of highly qualified fitness trainers will help you meet your exercise goals and reach your full potential whether you're looking for a single coaching session or a full fitness programme.

2 and 3 hour training sessions can involve any of the following:

- Cardiovascular and muscular training
- Core and stability training
- Strength and power training
- Speed and agility training
- Balance and mobility
- Flexibility and stretching exercises
- Cross Fit training
- Plyometric training

60/120/180 Minutes



Squash

Personal Training
60 Minutes

Court Hire
60 Minutes

Body Composition Analysis

Our body composition analysis measures fat, lean muscle and water composition to provide a more accurate weight reading.

15 Minutes

Assila Fit

Focusing on tight calves, a strained back and head tension, the journey starts with a *50 Minute Brighten Head & Shoulder Massage*. Enjoy a herbal ice tea and a spa snack before finishing with a *Power Deep Sports Massage*.

125 Minutes

Assila Detox

This package is designed to detoxify, slim and firm up your body. Start with a *Body Composition Analysis* and a *Personal Training Session*. Finish with a body scrub and detoxifying treatment followed by a detox drink and snack.

175 Minutes

Assila Slim

A slimming package that includes a *90 Minute Lymphatic Drainage Treatment* followed by a *50 Minute Slimming Wrap*. A selection of herbal teas and snacks will be served after the treatments.

140 Minutes

Assila Anti-Age

This indulgent package starts with a scrub to leave skin feeling silky smooth followed by a *Hot Stone Massage*. Enjoy a tropical fruit smoothie and then finish with a *50 Minute Facial*.

150 Minutes

Assila Relax

The journey starts with a *90 Minute Energiser Massage* to relieve soreness and stress-related tension. Following this, expect a *50 Minute Radiance Facial*. Relax and take a moment with herbal teas and fresh fruit to finish.

140 Minutes

ASSILA SPA FOR HER

HAMMAM EXPERIENCES

FACIALS

Biologique Recherche

BODY TREATMENTS

Biologique Recherche

The Royal Bath Journey

This Arabian Journey begins with a deep cleanse with black soap, followed by a full body exfoliation and a nourishing mask. Your therapist will then gently apply the pure amber body gel and hair shampoo to complete your top-to-toe bath, finishing with a relaxing Moroccan massage.

75 Minutes

The Moroccan Hammam Experience

Between warm steam sessions, experience a deep cleanse with traditional black soap, followed by a body scrub.

45 Minutes

Ultra Brightening

This brightening facial is suitable to treat skin pigmentation. Leaves skin looking younger and more radiant, as well as improving skin texture and stimulating the skin's natural hydration process.

75 Minutes

Youthful Lift

This exceptional youth boosting anti-wrinkle treatment has energising and skin firming benefits. Leaves skin feeling firmer and smoother.

75 Minutes

Total Gentle

Designed for fragile and weakened skin, this soothing treatment repairs and rebalances the skin's natural defenses.

60 Minutes

Radiant & Pure

This treatment uses natural plant extracts known for its purifying properties to leave skin feeling firmer and a clearer complexion.

60 Minutes

Contouring

Using the latest technology, this treatment is designed for those who want to slim down and remodel their silhouette. Limits the formation of excess lipids in the body and leaves you with a feeling of lightness.

50 Minutes

10 Sessions

Contouring Wrap

A deeply purifying wrap. Helps to refine contours and leaves skin feeling soft and firmer.

50 Minutes

10 Sessions

Skin Refiner

This scrub infusion removes dead cells and strengthens new skin, leaving your skin perfectly smooth, ultra soft and flawless. We recommend this treatment prior to any of our body treatments to achieve maximum results because it helps product absorption and increases product effectiveness.

50 Minutes

Firming Wrap

An exotic wrap designed to energise and revitalise. Leaves skin feeling smooth and soft.

50 Minutes

10 Sessions

Ultra-White

A de-pigmentation body treatment that helps to stimulate collagen synthesis to help you regain a youthful glow.

50 Minutes

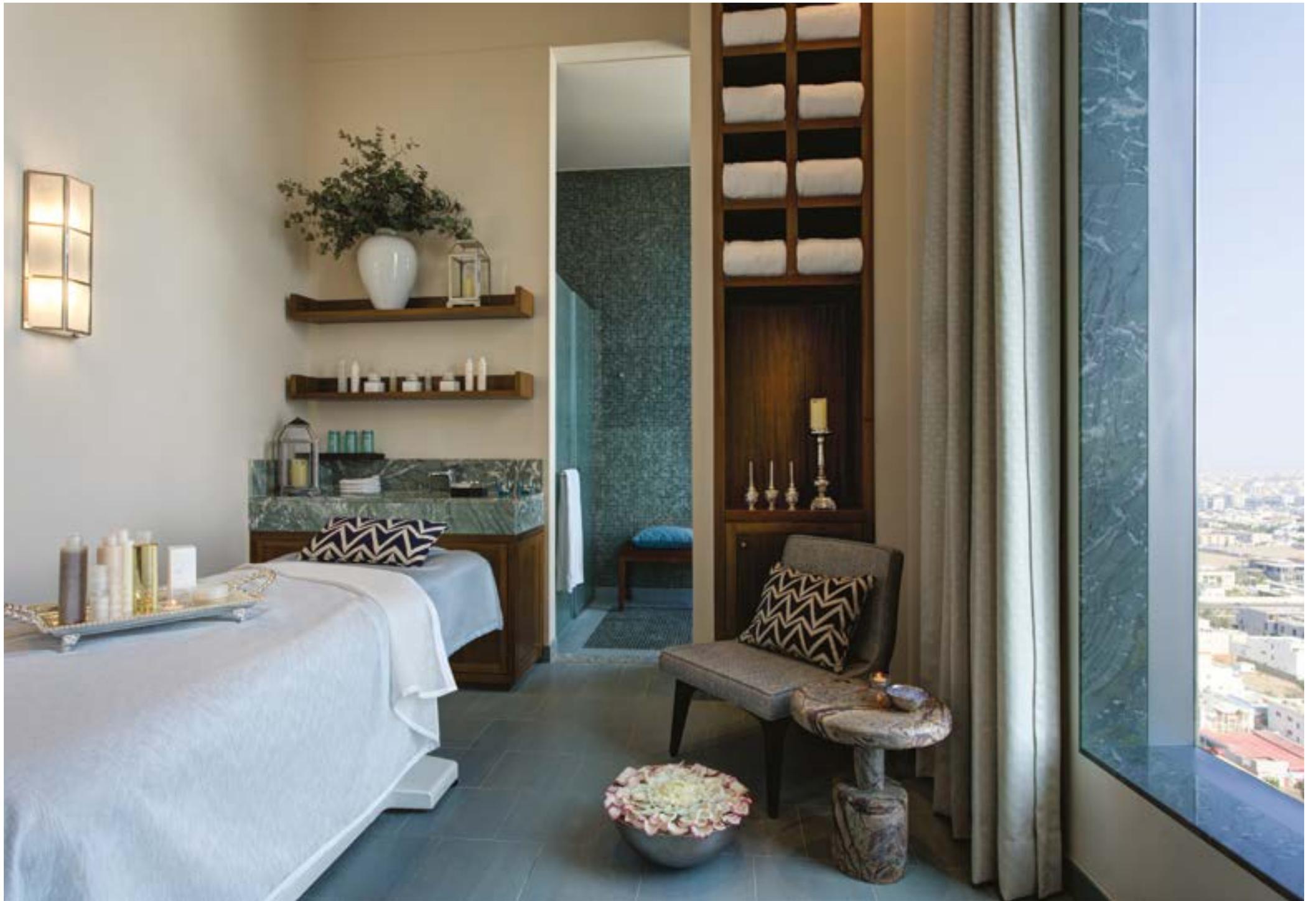
10 Sessions

Ultra-White Wrap

This gentle wrap has a clay, mineral and essential oil base. Leaves skin feeling brighter.

50 Minutes

10 Sessions



MASSAGES

Deep Touch

An intense massage that uses deep pressure to relieve tension, eliminate any stiffness and release energy. These measured movements are combined with special essential oils to prolong a feeling of wellbeing long after the massage is over.

50 Minutes

Warm Touch

Indulge in this heavenly massage experience that relaxes body and mind. This deep soothing treatment relieves sore, tired muscles with the heat from basalt stones.

50 Minutes

Sensory Bliss

The perfect balance between toning and relaxation, this massage stimulates and strengthens the body whilst also relaxing it. It relieves muscle tension, improving blood circulation and reducing the effects of stress.

50 Minutes

Foot Relief

This treatment provides physical and spiritual renewal. Specific techniques with the thumb, fingers and hands are applied to various reflex points on the feet which stimulate corresponding organ groups in the upper body.

25/50 Minutes

Head De-Stress

Warm pure plant extract oil is used to massage the scalp and shoulders with eastern and western techniques. This treatment improves nourishment and circulation of the hair and scalp, relieves headaches and leaves your hair glossy and healthy.

50 Minutes

Pre-Natal

This is a preventative massage treatment that prepares the body for changes that take place during pregnancy. Helps prepare the skin and prevent stretch marks.

50 Minutes

Tranquillity Body and Face Massage

Embark on a voyage of wellbeing with this signature treatment for the body and face. Awaken your senses and soothe the mind with deep touch massage movements using aromatic oils and plant extract. This massage energises, relaxes and tones the body and stimulates the senses. To finish, enjoy a revitalising facial with a series of 'magic' touches to restore luminosity and radiance.

For one/two
90 Minutes

Express Massages

Anti-Jet Lag

Experience a pampering treatment that provides immediate relief for travellers after a long flight. This full body massage employs long, kneading strokes to relieve muscle tension, particularly on the legs, lower back, neck, shoulders and around the eyes.

50 Minutes

After Sun

This treatment deeply replenishes and hydrates sun-kissed skin.

50 Minutes

Specific Express & Add-ons

Neck & Shoulder Relief

Relaxes and relieves any tension that accumulates in the neck and shoulder area.

25 Minutes

Back Relief

A deeply relaxing treatment to relieve any back tension.

25 Minutes

Lighter Legs

A refreshing treatment that relaxes and relieves tired, heavy feeling legs.

25 Minutes

Luminous Eyes

A complete eye contour treatment to decongest, smooth and freshen the entire eye area.

25 Minutes

HANDS & FEET

WAXING & HAIR REMOVAL SERVICES

ROCCO FORTE FITNESS



Pulsed Light

Pulsed light hair removal is the perfect solution to reduce face and body hair.

1 Session
10 Sessions

Waxing

Full Leg	Bikini	Eyebrows
Half Leg	Arms	Lip
Boost	Underarm	Face

Beautiful Hands

A perfect manicure for her that promotes softer, smoother hands and conditions nails.

45 Minutes

Beautiful Feet

A pedicure that leaves feet feeling light and looking great.

60 Minutes

The Gym

Our state-of-the-art gym is equipped with the latest gym gadgets, free weights and Technogym weight machines, along with a full range of Technogym cardio equipment.

Personal Training

Our team of highly qualified fitness trainers will help you meet your exercise goals and reach your full potential whether you're looking for a single coaching session or a full fitness programme.

2 and 3 hour training sessions can involve any of the following:

- Cardiovascular and muscular training
- Core and stability training
- Strength and power training
- Speed and agility training
- Balance and mobility
- Flexibility and stretching exercises
- Cross Fit training
- Plyometric training

60/120/180 Minutes

Squash

Personal Training
60 Minutes

Court Hire
60 Minutes

Body Composition Analysis

Our body composition analysis measures fat, lean muscle and water composition to provide a more accurate weight reading.

15 Minutes

For personalised fitness and squash packages contact the spa reception.



ASSILA SPA PACKAGES

Assila Anti-Age

This indulgent package starts with a *Skin Refiner* treatment to gently exfoliate the skin. Following this, experience a *Sensory Bliss Massage* and then a *75 Minute Facial Treatment*. Enjoy a tropical fruit smoothie to finish.

175 Minutes

Assila Slim

Start with a *Skin Renewal* treatment for smoother skin. Following this, enjoy a *Contouring Treatment* and then a *Detoxifying Wrap*. A selection of herbal teas and snacks will be served after the treatments.

150 Minutes

Assila Relax

The journey starts with a *50 Minute Micro Balance Massage* to relieve soreness and stress-related tension. Following this, expect a *50 Minute Ultra-Hydrating Facial*. Relax and take a moment with herbal teas and fresh fruit to finish.

150 Minutes

Assila Fit

Focusing on tight calves, a strained back and head tension, the journey starts with a *50 Minute Brighten Head & Shoulder Massage*. Enjoy a herbal ice tea and a spa snack before finishing with a *50 Minute Deep Touch Massage* to relax and soften tired muscles.

100 Minutes

Assila Detox

This package is designed to detoxify, slim and firm up your body. Start with a *Body Composition Analysis* and a *Personal Training Session*. Following this, enjoy a *Skin Refiner* treatment to prepare the skin for the absorption of detoxifying ingredients used in the *Contouring Wrap* that follows. Finish with a detox drink and snack.

225 Minutes





Assila Hotel

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(Tahlia Street), P.O. Box 116887
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reservations.assila@roccofortehotels.com

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spa.assila@roccofortehotels.com

Opening Hours

Assila Spa for Him open daily from 7:00–22:00

Assila Spa for Her open daily from 7:00–21:00

Spa treatments available from 9:00–21:00

Fitness facilities open daily 24 hours

Squash courts available from 7:00–22:00

Swimming pool available from 8:00 –18:00

Reservations

For appointments, please call extensions 6884 (for Him) or 6885 (for Her), alternatively please visit the spa receptions.

Please give us 24 hours' notice prior to your scheduled appointment if you wish to cancel a treatment.

Please note a cancellation fee of 100% will be charged to your room for cancellations outside of this notice period.

Spa Etiquette

All hotel guests have complimentary use of the gym, sauna, steam room, outdoor pool, and relaxation areas.

Assila Spa is a place to relax and unwind. In order to preserve a calm atmosphere, we welcome guests over the age of 16.

The use of equipment and services at the spa is at each guest's own risk.

Please dress appropriately when visiting Assila Spa; please wear a robe at all times in public areas.

We recommend guests arrive at least 15 minutes prior to appointments in order to enjoy the complete experience of their treatment.

The Assila Spa Team is not responsible for loss of personal objects. We recommend that all jewellery and valuables are stored safely in your room or at home.

Please respect the private and serene atmosphere and refrain from using mobile phones within Assila Spa.

Guest locker keys are available at the Assila Spa Reception.

ROCCO FORTE HOTELS

HOTEL DE ROME

BERLIN

HOTEL AMIGO

BRUSSELS

THE BALMORAL

EDINBURGH

HOTEL SAVOY

FLORENCE

VILLA KENNEDY

FRANKFURT

ASSILA HOTEL

JEDDAH

BROWN'S HOTEL

LONDON

THE CHARLES HOTEL

MUNICH

HOTEL DE RUSSIE

ROME

VERDURA RESORT

SICILY

HOTEL ASTORIA

ST PETERSBURG

FUTURE OPENINGS:
ROME, SHANGHAI